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# NUTRITION COMMITTEE NEWS

For exchange of information on nutrition education and school lunch activities.

Vol. 1 No. 4 August-September 1951 Washington, D. C.

U. S. DEPARTMENT OF AGRICULTURE

## NUTRITION COMMITTEES ORGANIZED TO MEET NEEDS

Similarity of purpose among nutrition committees is striking. They organized to meet specific nutrition needs in their States and have adjusted their programs as needs changed. To acquaint each member with the programs of other members, to further cooperation among agencies, and to keep members abreast of newer findings in nutrition have been common goals of all committees. How three nutrition committees organized and what they do are told below.

### Oregon

The Oregon Nutrition Council held its first meeting in May of 1924, the earliest of any on our records. A 5-year Child Health Demonstration in Marion County was making people aware of the health and nutrition problems in the State. Twenty or more State organizations and institutions were incorporating some health and nutrition work in their programs, and representatives of these agencies became charter members of the Council.

Since 1926 school lunch has been a major interest of the Council, according to Chairman Alta Garrison. It cooperated with other groups in establishing the position of a supervisor of health education in Portland public schools in 1936 and of a State school lunch supervisor in 1946. Following the second Council-sponsored school lunch conference in 1940 members of educational agencies formed a committee on Nutrition of the Child on which the Council was represented. This committee promoted school lunch surveys in State high and grade schools which were the basis for five articles written by Council members for the Oregon Journal of Education.

During the war many of the Council members served with the Oregon Nutrition Committee for Defense and in 1945 the two groups merged.

A series of leaflets entitled "Stretching Your Food Dollar" and a nutrition institute on problems of growing older have been recent activities of the Oregon Council.

### Rhode Island

In Rhode Island committees from the State Dietetic Association and the Providence Family Welfare Society

met in 1937 to discuss nutrition needs in the community. It was found that "no one had more than a vague idea as to what nutrition work was being carried on by any organization other than his own."

After a survey of nutrition activities in various organizations, the Rhode Island Nutrition Council was developed; and in 1938 was reorganized into the Rhode Island Nutrition Association, with 95 members. The Association held nutrition institutes in 1938, 1939, and 1940, stimulated the appointment of a nutritionist in the State Department of Health, issued a news letter, and encouraged existing organizations to cooperate in improving family and community nutrition education.

In 1941, a subsidiary organization, the Rhode Island Nutrition Council for Defense, was set up to carry on wartime food programs. As part of the program 39 city and town nutrition committees were set up to reach people in all parts of the State.

Annual Nutrition Weeks to acquaint as many people as possible with the importance of good diets . . . a puppet show to dramatize daily food needs . . . refresher courses to prepare home-economics trained persons to teach lay groups . . . a course in applied nutrition arranged for public health nurses and social workers were among the Council's educational activities in 1941 and 1942.

The Council also started a penny school milk program in 1942 with the cooperation of the USDA and community organizations . . . visited industrial plants to help those with food services to plan better meals

### Many Thanks

Response to our appeal for historical materials of State nutrition committees was splendid. The material sent by chairmen contributed much to the May and June numbers commemorating the Tenth Anniversary of the National Nutrition Conference. Portions unused in those issues will be drawn on for future issues.



for employees and help others start food service programs . . . took part in the 1943 Share-the-Meat campaign, the 1944 Victory Food Program, and the 1946-47 Famine Emergency Program.

Results of a 1945 survey of Providence and Central Falls housewives to determine their need for and interest in securing nutrition information indicated where emphasis should be placed in planning the Council's program.

In 1947 the present Nutrition Council of Rhode Island was formed through a reorganization of the Nutrition Council for Defense and the Nutrition Association. This year the Council again offered its nutrition services to the State Defense Council, Chairman Violet B. Higbee writes.

## Utah

To correlate nutrition activities and unify nutrition information going out to people, the Utah Nutrition Council was organized in 1939. One of the Council's first successful projects was the preparation of Nutrition Notes, with four issues in 1941 and two in 1942. Agencies took turns in publishing the material supplied by Council members since no funds were available to the Council.

The Utah Council's Daily Food Guide predated the Federal Basic 7 Chart. Copies of the Guide were attached to restaurant menus and displayed in store windows and other places.

As the Defense Program advanced, the Council enlarged its membership, and immediately following the 1941 National Nutrition Conference for Defense shifted its attention to emergency programs. At the Council's suggestion the Governor appointed a Council member on the State Defense Council to act as liaison between the Defense and Nutrition Councils.

Recently at the Council's request the Extension Service published "Facts about Foods and Nutrition" which gives authentic nutrition information to try to combat the spread of misinformation in the State. It has been distributed through Council members to teachers and other professional workers as well as to the public.

### Revision of Mailing List

In accord with Government regulations we are making a periodic check of our mailing list. A double postcard has been sent you with your name and address, as shown in our records, imprinted on the return portion. If you do not respond your name will be dropped. We would also appreciate your comments or suggestions.

Since its origin the Council has changed in membership and, with the needs of the times, in purpose but it is still filling a vital role in the State, Chairman Sybil Christensen writes.

## NUTRITION COMMITTEES IN ACTION

- *High food costs* prompted the Consumer-Nutrition Committee of East Harlem (New York City) to make a survey of families to find out how their food budgets are being affected by the continuing increase in food prices. The Food and Nutrition Division of the Health Council of Greater New York appointed a committee to find out consumer needs for information on planning economical adequate meals and the facilities available to supply the needs.

- *A Better Breakfast Week* promoted by the Iberville Parish (La.) Nutrition Committee enlisted support of many forces in the community. Proclamations by the mayors in the parish gave the week a good start.

- *Needs for nutrition education in the community, school lunch programs, and support of enrichment legislation* are claiming the attention of the Rochester (Minn.) Nutrition Council. The Council was organized last November as a Technical Advisory Committee on Community Nutrition Education to the Rochester City Board of Health and Welfare.

- The annual *nutrition workshop* for home economics teachers, public health personnel, home demonstration agents, school lunch workers, nutritionists, and others was held at Winthrop College, S. C., in cooperation with the South Carolina Nutrition Committee.

- *Nutrition education in elementary grades* has been promoted by the New Hampshire Nutrition Committee by:

. . . Considering ways to make nutrition teaching more motivating.

. . . Giving illustrative materials and suggestions for teaching nutrition to teachers attending summer school at the University of New Hampshire.

. . . Advocating integration of nutrition instruction into the total elementary school program.

. . . Appointing a subcommittee to plan a model elementary school nutrition curriculum for use in teachers' colleges.

- The semiannual *School Lunch Conference* arranged by the Chicago Nutrition Association last Fall for school administrators, lunchroom managers, cooks, and others was attended by 98 persons. Talks on building food acceptance and operational factors in the school lunch program provided background for questions and discussions in the "Stumping the Experts" period.

### New Chairmen of Nutrition Committees

*Arkansas.* Miss Allene Stanton, Henderson State Teachers College, Arkadelphia

*Connecticut.* Dr. Ross A. Gortner, Jr., Wesleyan University, Middletown

*Georgia.* Miss Myra Reagan, Department of Public Health, Atlanta

*Chicago, Ill.* Dr. E. A. Piszczek, Suburban Cook County Tuberculosis Sanitarium, Forest Park

*Illinois.* Mrs. Gertrude Austin, American Institute of Baking, Chicago

*Louisiana.* Miss Evelyn Terrell, State Department of Education, Baton Rouge

*Maine.* Dr. E. W. Peaslee, Augusta

*Missouri.* Dr. L. M. Garner, State Division of Health, Jefferson City (reelected)

*Nevada.* Mrs. Genevieve P. Pieretti, State Board for Vocational Education, Carson City

*New York City.* Dr. Maurice E. Shils, Columbia University

*Ohio.* Dr. Martha Koehne, Columbus

*Oregon.* Miss Chedwah van Tijn, State Board of Health, Portland

*Texas.* Miss Margaret Weeks, Texas Technological College, Denton

● Eleven *school lunch institutes* have been attended by about 900 cooks from public school lunchrooms in 35 Pennsylvania counties. Ten or fifteen more institutes will be given in the fall to cover the rest of the State.

● The *benefits of enrichment* are being brought before the public by the Connecticut Nutrition Council in cooperation with the State Bakers Association. Connecticut does not have an enrichment law and a survey showed that not all bread was voluntarily enriched.

● A *law requiring enrichment of white rice* used in Puerto Rico was signed by the Island's Governor in May. Since white polished rice is the main cereal used in Puerto Rico the additional amounts of thiamine, niacin, and iron thus supplied may well make a vast difference in the the health and general well-being of the people.

### COOPERATION IN CONNECTICUT IN 1950

The second Annual Report of the Connecticut Nutrition Council, like the first, was prepared through mem-

ber cooperation, the labor and materials for mimeographing and assembling being supplied by member agencies. Copies of the report have been sent to chairmen of all State Nutrition Committees.

Civil Defense planning, White House Conference discussions, and talks by nutrition authorities were featured at meetings during the year. Committee reports show the variety of activities carried on by the Council.

The *Committee on Schools, Colleges, and Universities* collected information on the teaching of nutrition in Connecticut and in other States and found it helpful in planning the State program.

Nutrition publications and instruction materials were provided by the *Committee on Nutrition Education in Elementary Schools*.

The *Committee on Nutrition of the School Child* found that a majority of the Connecticut public schools did not sell carbonated beverages or candy as a general practice. A Council-approved statement against the sale of carbonated beverages and candy in schools has been distributed and work on a suggested list of foods to replace these items is in process.

A State-wide gathering of school physicians and school dentists was arranged by the *Committee on the Physical Examination of the School Child* to consider how medical and dental examinations reveal the nutritional status of the child.

Other reports included those of the Committees on Enrichment, Community Nutritionists, Home Service Department of Public Utilities, Agricultural Extension Service, Food Service, Publicity, Speakers Bureau, Membership, and Hospitality.

### NEW MATERIALS

*Available from Bureau of Human Nutrition and Home Economics, USDA, Washington 25, D. C..*

Meat: Variations in consumption and interrelationships with other foods. Variations in a week's consumption. Urban families, spring 1948. *Commod. Su. 11, 30 pp., illus. 1951. (Processed)*

*Available from Bureau of Agricultural Economics, USDA, Washington 25, D. C.*

National food situation. July-September 1951.

*Available from Office of Information, USDA, Washington 25, D. C.*

Food purchasing guide for group feeding. R. C. Lifquist and E. B. Tate, 8 pp. 1951. Separate 1 from Agr. Handbook 16, Planning Food for Institutions.

Food values in common portions. AIB-36, 8 pp 1951.



Recipes for quantity service (Food Service III) PA-157, 31 pp. 1951.

*Available from American Red Cross local chapters or National Headquarters, Washington 13, D. C.*

Dietitians, nutritionists, home economists, you have a place in this picture. ARC 1826. 1951.

*Available from Superintendent of Documents, Government Printing Office, Washington 25, D. C.*

Evaluating school lunches and nutritional status of children. C. Velat and O. Michelsen, U. S. Public Health Service, and M. I. Hathaway, S. F. Adelson, F. L. Meyer, and B. B. Peterkin, Bureau of Human Nutrition and Home Economics. U. S. Dept. Agr. Cir. 859. 85 pp., illus. 1951. 25c.

Tomatoes . . . Facts for Consumer Education. I. H. Wolgamot. AIB-32. 21 pp., illus. 1951. 10c.

What you should know about biological warfare. Federal Civil Defense Publication PA-2. 30 pp. 1951. 10c.

*Available from local film dealers or on rental from many 16 mm. film libraries*

The following 1-reel films are produced by private motion picture companies with the close cooperation of the Federal Civil Defense Administration.

- Survival under atomic attack
- Preparing your home against atomic attack
- Fire fighting for householders
- What you should know about biological warfare
- What you should know about poison gases
- Emergency action to save lives
- The cities must fight
- Civil defense for industry
- Civil defense for schools

### **White House Conference on Children and Youth**

*Available from Superintendent of Documents, Government Printing Office, Washington 25, D. C.*

School Life. Office of Education. March 1951. 15c each, with 25% discount on orders for 100 or more.

Programs of the Federal Government Affecting Children and Youth. Interdepartmental Committee on Children and Youth. 126 pp., illus. 1951. 55c.

*Available from the Children's Bureau, Federal Security Agency, Washington 25, D. C.*

The Child. January and February 1951. (Free to libraries and public employees in fields concerning children).

*Available from The American Dietetic Assoc., Mt. Royal and Guilford Ave., Baltimore 2, Md.*

Journal of the American Dietetic Association, April 1951. 75c each.

*Available from Journal of Social Case Work, 192 Lexington Ave., New York 16, N. Y.*

Journal of Social Case Work, April 1951.

*Available from Health Publications Institute, Inc., 216 North Dawson St., Raleigh, N. C.*

Documents from Midcentury White House Conference on Children and Youth. The 5 items listed below may be obtained for \$5.00, if purchased as a package. The price shown after each item is the cost of the item if purchased separately.

. . . Official conference proceedings. 400 pp. 1951. Cloth bound, \$4.00 each; paper bound, \$2.00 each.

. . . Fact finding report: A digest. 200 pp. 1951. Paper bound. \$1.00 each for orders of 1-9 copies; 90c each for 10-24 copies; 80c each for 25-99 copies; and 75c each for 100 or more copies.

. . . A chart book. 160 pp. including 75 charts. 3 colors. Paper bound. 1951. \$1.00 each for orders for 1-9 copies; 90c for 10-24 copies; 80c for 25-99 copies; 75c for 100 or more.

. . . The conference platform. 24 pp. 2 colors. 1951. 15c for 1-24 copies; 12½c for 25-49 copies; 10c for 50-999; 7½c each for 1,000 or more.

. . . The pledge to children scroll. 16" x 25". 3 colors. 1951. 50c each for 1-9 copies; 40c for 10-24 copies; 35c for 25-49 copies; 25c for 50 or more copies.